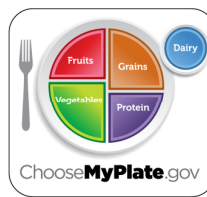




**DECEMBER
2017**


Middle and High School Lunch

**Lunch Price: \$ 3.50
Reduced: \$ 0.40**



Includes choice of entrée (protein + whole grains), fruit and vegetable sides, and milk.

PowayUSDNutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 4 & 18: Orange Chicken with Rice <hr/> December 11: Teriyaki Chicken with Chow Mein Noodles	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeño cheese sauce over whole grain corn chips</i>	December 6: Macaroni & Cheese with Garlic Toast* <hr/> December 13: Salisbury Steak with Noodles and Garlic Toast <hr/> December 20: SPECIAL HOLIDAY LUNCH \$3.75 <i>See details at your school</i>	 * Meatless entrees are marked with an asterisk (*). Chicken Tenders and a Biscuit	Mexican Flatbread Pizza
Meatball Sub	Ham & Swiss Panini	BBQ Chicken Ranch Wrap	Cheeseburger	Philly Cheesesteak
Chicken Caesar Salad and a Roll	Spicy Asian Chicken Salad and a Roll	Deluxe Garden Salad with Egg and a Roll*	Chicken Caesar Salad and a Roll	Deluxe Garden Salad with Egg and a Roll*
Pepperoni Pizza Slice	Cheese Pizza Slice*	Pepperoni Pizza Slice	Cheese Pizza Slice*	Pepperoni Pizza Slice

DAILY ENTRÉE CHOICES:
 Hot Chicken Sandwich - *Regular or Spicy*
 Turkey & Cheese Deli Sandwich
 Southwest Bean & Cheese Burrito*
 Bistro Box* (*Yogurt, Sunflower Seeds, & Crackers*)

MILK CHOICES:
 Low Fat (1%) White or Fat Free Chocolate

FRUIT and VEGETABLE SIDES: Choose at least 1/2 cup with your lunch.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Edamame	Celery Sticks	Baby Carrots	Baby Carrots	Cauliflower Florets
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Corn Kernels	Baked Sweet Potato Fries
Fresh Apple	Fresh Banana	Fresh Orange Wedges	Fresh Pear	Fresh Apple
Dried Fruit	Peach Cup	Applesauce Cup	Strawberry Cup	Dried Fruit

Menu and ingredients subject to change without notice. Poway Unified School District is an equal opportunity provider and employer.